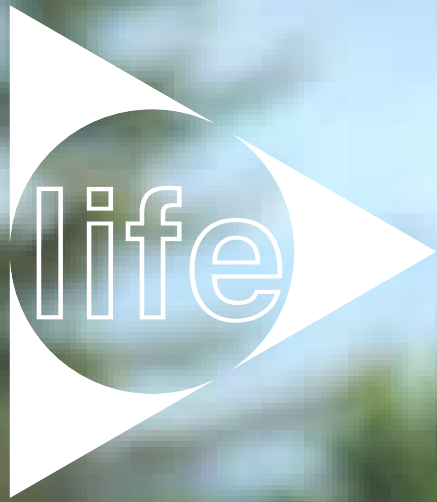


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SUPPORTER RACE RULES

NO OUTSIDE AID

The main rule affecting your presence in the race and interaction with racers is “No outside aid” – athletes are not allowed to receive any form of assistance or equipment from any non-race personnel. This rule is enforced! In addition, accompanying your athlete (on foot, bike or vehicle) is considered to be pacing, a form of illegal assistance.

NO PAINT ON THE ROADS

It is an Ironman tradition to write messages of encouragement to athletes around the race course. If you do this, please do not use paint!! The community of Lake Placid requests that you only use chalk!

THINGS TO BRING WITH YOU TO THE RACE:

Lawn chairs

Blanket, Towel or Pillow to sit on

Umbrella to stay out of the rain or sun

Sunglasses

Sunscreen

Hat

Snacks

Clothes for cool and warm weather

Cellphone

Games for the kids

Rain Jacket or large garbage bag

Backpack to carry it all in

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HEAD COACH CONTACT INFORMATION

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Welcome Athlete Supporters from our TriLife Coaches

“The miracle isn’t that I finished... The miracle is that I had the courage to start.” Anon.

Thank you for being here, and for supporting your athletes for many months on their Ironman quest. Even more of your support is needed this weekend, both of your athletes and of their TriLife teammates. The race day will be long for you and athletes, as they will face the race start with uncertainties and fears, will test their limitations, experience great and terrible moments, learn from them, and will succeed by overcoming on the way to the finish line.

This weekend will allow you a glimpse into your athlete’s motivation and mentality. Do not question their motives or abilities, be patient with them, celebrate a choice your friend or relative made over a year ago, and recognize their sacrifices and commitment. Enjoy the surrounding beauty of the Adirondacks, activities and sights it offers, and observe the spectacle of self-obsessed celebration of human endurance.

COACH ROSS GALITSKY



Greetings TriLife Support Team -



To the outsider, TriLife athletes and others training for an ironman may appear to be members of a crazy cult. The bizarre diet (GU’s, Cliff Bars, Accelerade...), the altered states after hours of worship (“bonking” after a 6 hour ride), the ritualistic behaviors (the Tuesday evening core strength sessions) and finally the team uniforms... Event weekend, will emphatically answer your question of “why?”

On race weekend you will see why your athlete has dedicated a year of energy and passion to conquer the Ironman Lake Placid challenge. As a friend or family member, you may have marveled at the time and effort that your athlete has invested. They come to the start line a different person. While the miles of swimming, cycling and running have toned their physique, the most impressive changes are in their psyche. Self-confidence and a “can do” attitude are the direct results of all the challenges overcome in training. Long after the finish line has been crossed, it is these strengths of character that will define their paths in

this world.

As a TriLife coach, I am proud to have had the opportunity to work with such a dedicated and motivated group of athletes. They have trained together, but more importantly provided support for each other. They are truly a team.

Enjoy the spectacle that is Ironman Lake Placid.

COACH SCOTT WILLETT





This is your day. This is your prize. As a great big thank you for all of the hard work you have done over the past ten months - you get the grand prize - you get 2.4 miles of swimming, 112 miles of biking and 26.2 miles of running. This is the reward. You will treat your body and your mind to a great big helping of Lake Placid. You WILL cross the finish line and say "I am an ironman". Well Done TriLife - the tradition lives on!

COACH EARL WALTON

They've struggled, they've succeeded, they've bonked, they've been high on endorphins, they've chafed and had saddle sores (don't ask), they've experienced nausea, muscle spasms, GI distress, sunburn, blisters, our coaching advice and still overcome them all to get here. They know what this day promises to be, and now they must live up to that promise. All the early nights to bed to recover and early mornings to train again, 5:45 am workouts in the pool on Saturdays when their friends and family are cozy in bed, the rides in the winter when the temp drops below 30... All of these sacrifices show their commitment, their determination and their willingness to push themselves to achieve a great goal. They are ready. I hope you are as proud of them as I am. Go TriLife!!

COACH KIM JENKINS



Gaining mastery of all three disciplines in the sport of triathlon is critical to succeeding on race day. The bike, however, offers a particularly intriguing challenge. How do you race 112 miles and come off the bike ready to run a marathon? At TriLife, we believe the answer lies in the mantra, "ride like a roadie." Having a 20-year background as a coach and competitor in bicycle road racing, Ross and Scott asked me to join the coaching team to challenge our athletes to adopt some road racing fundamentals. These past many months, I've had the enormous pleasure of witnessing the total transformation of these dedicated and spirited athletes on the bike.

TriLifers now know how to ride like road racers with an efficient pedal stroke, maintaining a steady aerobic effort, reading the road, making intelligent gear selection, refueling while they ride and generally handling the machine with ease and comfort. Sure, they're going to be tired at the end of 112 miles, but I promise you that you'll see them finishing the bike course still spinning 95-100 rpm's,

smiles ablaze and prepared to conquer the run with dignity. Thank you for being here at Lake Placid. As a former competitor, I know that your support is invaluable.

COACH LANCE LEENER

**NOT PICTURED: GEORGE VAFIADES
Co-Head Coach 1/2 Ironman and Ironman Coach**

Support Team 101

While out on the course on Sunday, you will undoubtedly be asked questions like, “Who are all these TriLife People?” or maybe “How do I get in on that action next year? We put together a short primer so that you’ll be able to answer those questions with ease...

Who:

- 6 coaches
- 41 athletes
- 20-ish to 40-ish years old
- 20 women and 21 men
- 27 first-time Ironman participants
- 5 IM competitions represented
- in 3 states and two countries

What:

- 10 months of training
- 45 Tuesday night group runs
- 562 hours of training
- 5 weekends in New Paltz
- 1 training camp in Lake Placid...

Where:

- NYC!!
- Bethesda Fountain
- Loeb Boathouse
- Central Park lower loops, hills, reservoir...
- Miles and miles of 9W
- Mountain (No) Rest Road
- Lenape Lane
- Tupper Lake
- Aphalt Green
- Coney Island

Why:

- We’re type-A personalities
- For the great challenge
- Ross and Scott said we could do it!

TriLifers are easy to spot! Look for our red and orange colors!



The TriLife Coaching Philosophy

TriLife Coaching provides a motivational, multifaceted, step-by-step athletic learning environment. Through personal and on-line coaching, we focus on helping athletes maximize their performance and create a healthy lifestyle that balances family, work and athletic passions.

As competitive athletes themselves, the TriLife coaches have a passion for the sport of triathlon and a desire to share their knowledge and experience. Decades of training, racing, coaching and mentoring experience have taught them many lessons, leading to the belief that every athlete is a unique individual with different abilities, goals, experience, commitment, needs and lifestyle constraints. Consequently, there is no best single training program that works for everyone. TriLife coaches closely monitor their athletes, recognizing an individual’s specific conditions and needs and to customize their training plan. Great coaching will make your triathlon lifestyle more pleasurable and your goals achievable.



The Cult of Ironman

A short history

In the mid-1970's, U.S. Navy Commander John Collins and his family were transferred to Honolulu, after a stint in San Diego. While living on the West Coast, he participated in a variety of athletic events put on by San Diego Track Club, including – unusual for that time – bike-swim-run-swim-run races. The Island of Oahu, with its natural amenities for outdoor sports, has an active athletic community. And being landlocked on an island, such community is condensed and vocal, with many athletes knowing each other, competing and comparing their accomplishments. John Collins, while listening to such arguments



between his friends at the awards ceremony for the Oahu Perimeter Relay running race in 1977, proposed to settle dispute by suggesting a “combination” race. He conceives an event that combines characteristics and distances of the popular Oahu races – the 2.4 mile Waikiki Roughwater Swim, 115 mile Around the Oahu Bike Race, and 26.2 mile Honolulu Marathon. The next year, the Iron Man challenge was actually organized by John Collins and his wife Judy. Held in February 1978, 15 people started and 12 finished with Gordon Haller winning at 11:46:58. The race cost \$3.

This exotic endurance challenge returned the next year and started to grow. In 1979, Sport Illustrated ran a 10-page



article on the race written by Barry McDermont (who witnesses the race while on assignment to cover a golf tournament), creating a huge advertisement for endurance sports junkies everywhere. In 1980, one of the triathlon “gods”, Dave

Scott, won his first Hawaii Ironman with a time of 9:24:33 (out of 106 men and 2 women) while being filmed by ABC's “Wide World of Sports.” Then, in 1981, race supervisor Valerie Silk moved the race from Oahu to the Big Island.

1982 saw a quantum leap in the race's history, achieved by a very, very slow crawl. As TV cameras at the finish line focused on the approaching woman's leader, Julie Moss, she stumbled and collapsed. She started crawling toward the finish, creating an unforgettable image of human perseverance and spirit. Julie Moss crossed the finish line in

the second place (just seconds after Kathleen McCartney, who was unaware of the historic event unfolding just inches away and became the winner “whose name no one remembers”). Julie Moss' crawl has inspired thousands to participate in triathlons, while also creating the Ironman mantra “just finishing is a victory.” That same year, another “triathlon god”, Scott Tinley, won his first Ironman in 9:19:41 passing Dave Scott in the marathon.

Soon, race organizers established a cutoff time and qualification system to restrict entry to

the event and the first mainland Ironman distance race, RICOH Ironman, was held in LA. By 1984, Hawaii Ironman grew to an amazing 1,000 athletes and Dave Scott won his fourth Ironman in 8:54:20, becoming the first person to break the 9-hour barrier. By 1986, prize money was awarded (an anonymous donor provided \$100,000). Paula Newby-Fraser became the first woman ever to break 9-hour mark in 8:55:28.

The Ironman Corporation expanded greatly the number of Ironman branded events in the late 1990's, with events held in many countries around the world. Competition grew, both in numbers of participants and in level of performance. In 1997, Luc VanLierde goes deep under 8 hours (7:50:27) at Ironman Europe. And in the US, the first Ironman USA – a championship event – was held in Lake Placid in 1999. Since then, the Lake Placid race has become an incredible success, with all its racing entry spots selling out within 48 hours.



Ironman USA Lake Placid

The course - by Iwan Axt

While you, the great Trilife Support Team, are waiting around Lake Placid trying to catch a glimpse of a Trilifer as they zoom by, you can read this article and try and imagine where they are what they are doing when out of sight. They certainly should not be out of mind.

This article is written by an athlete that has successfully completed the course last year and who, while in training this year, has become very familiar with the details of the course and what the athletes may encounter while out there.

The race is a standard Ironman distance race – 2.4 mile swim, followed by a 112 mile bike ride, followed by a 26.2 mile run (a standard marathon).

The swim takes place in Mirror Lake and there are several

water density may have thinned out as swimmers of different ability either end up in front or in back. Because of this, this loop should be easier both physically and mentally as athletes are on their way to completing one part of this long day.

There is a two hour twenty minute time limit (9:20 AM) for completing the swim. All of the Trilifers should be able to make this cut off, however getting out later does factor into the ability of the athlete to complete the first loop bike cut off, which is at six hour and thirty minutes after the race start (1:30 PM). That means if an athlete were to exit the water just before the swim cut off, they would only have around four hours and ten minutes to complete the 56 mile loop.



vantage points along the shore where you can see the athletes, though unless you have an eagle's keen eyesight you probably won't be able to see any particular athlete. The swim actually consists of two loops meaning that the athletes will exit the water and run on the beach a short distance before diving in again and completing another 1.2 mile loop. The race starts at 7 AM with every athlete in the water ready to go. That's right, athletes will be treading water in the place that we think is most advantageous to our swimming ability. The swim is in a counter clockwise direction and is marked by buoys and an underwater cable. Since traveling along the cable requires little if any sighting above the water, many swimmers will try and get on top of this line. Naturally, this where the swim may seem more like a boxing match than a swim as the athletes try and maintain visual contact with the line.

Other athletes will take a different approach literally and figuratively, as some will start much wider to avoid being swum over or hit and kicked by others. They may use the buoys or other swimmers to gauge the course and gradually move towards the line as the field thins out near the far end of the lake where the athletes will make their first left-hand turn.

The goal here while swimming is to get into a nice relaxed rhythm that does not tax the body and legs. You don't want to get on the bike with tight lats or tired legs. One thing an athlete might try is drafting – getting just in behind a swimmer ahead of you. Believe it or not, you save a lot of energy if you can draft off of someone! The only danger is that you still need to be vigilant about navigation in case the person you're drafting is headed for the hills.

Once done with the swim, the athletes will head over to the transition area in the Olympic Speed Skating Oval. Before they get there, they may get some assistance getting their wetsuits off from 'strippers.' No, not the kind you are thinking of! They are volunteers that help with removal of wetsuits. You'll be able to see the athletes as they run on wobbly legs to the transition area.

Most of the athletes will be mentally going through a checklist of all they need to do to prepare themselves for the bike ride in T1, the first transition area.

What do the athletes do in T1? Suffice it to say that the logistics of the race are almost as daunting as the training and the race itself so the preparation of each of the transition areas as well as the activities therein are very important to a successful race. They will be putting on their gear for the bike ride, most importantly their helmet and shoes. They will put on a race jersey if not wearing one already, and may change their shorts. They may also put on sun-screen, and depending on the weather a jacket or arm warmers. They may also apply lubrication to sensitive body parts. They may take a drink or even take in some calories since breakfast was several hours ago. They may even towel off. All of their materials will be stored by race number on racks and with luck a race volunteer will hand the bag to them as they enter the transition area. This same bag will be used to store their swim gear for retrieval after the race.

Finally, they athletes will get their bikes and head out to the bike course only mounting their bike once past the 'mount line' near the left rear corner of the Olympic Oval. The clock does not stop while you are in transition, so there is time pressure to do everything efficiently and correctly before you get on your bike. Like the swim course, the bike course consists of two loops -- 56 miles each.

Unlike the swim course, this IM course is not flat. Not at all.

Leaving the backside of the Oval, the athletes will be biking on some small streets and emerging onto route 73 near "Lisa G'S" where they will take a right and head out of town. If you go there, you may be able to see them as they head out of town. The athletes however, will be trying to get their heart rates settled down after their long swim because they want to start taking in calories. This may take them a while to do so, because of the course profile. After a nice flat area to a down hill, the athletes will be starting a climb near the ski jumps (a great place for chalking words of encouragement on the pavement!). Incidentally, up to this point the run course and the bike course are almost the same.

Then some rollers start with a gradual upward trend. If the athlete is lucky or can manage it, they may be able to stomach a drink or some food at around mile 4 or 5 (60 or 61 on the second loop), where the rolling hills are a little less steep.

Nutrition is a very important factor to manage for an Ironman triathlete. Without the fuel to get through the bike ride or the run, you simply can not finish the race. We have been trained to take in most of our fuel required for the race on the bike since it is the part of the race that is most amenable to digestion. Many Trilifers will be taking in a full liquid diet of what is called an Ironman Cocktail. This is a high calorie drink made up of a mixture of different sports drink powders.

How many calories will they try and consume on the bike? Upwards of 2 to 2.5 times their bodyweight in calories per hour. For a 185 pound athlete capable of riding the first loop in 3 hours (just about 18.7 miles per hour) this means taking in between 1100 and 1400 calories in that time period.

Not all athletes will go with a liquid diet, they may be taking in gels or a combination of gels and liquid, or they may even be taking in some solid food. The point is that they must start to ingest calories and liquid as soon as they are able to so to power them through this race. This is so important, that many of the athletes will use a timer that will go off every 15-20 minutes to remind them to eat. Naturally, the timer may go off at an inopportune moment, like a steep up or down hill, and the athlete will have to catch up on their feeding.

So, hopefully, by mile 7 (63 on loop #2) where there is a short steep climb, the athlete will have consumed something because after that, there is some more climbing along a beautiful stretch of road. The mountains on either side are steep and on the athlete's left is a beautiful cascade near mile 8, and a series of deep mountain pools. Athletes will gladly take all the rewards this course offers, such as these sights.

Around mile 9-10 (loop #2 65-66) the bottom falls out. There is a steep decent into the town of Keen. This decent is almost 6 miles long and athletes will reach speeds in excess of 40 miles per hour. Since many will be white knuckling it at this point, drinking and eating may not be an option though mile 11 (67) has a relatively flat part where some may manage a

drink. Others will shift into their highest gear and try and go as fast as they can through this whole section. Some have managed 49+ at the fastest point near mile 13 (69).

At mile 15 (71), in Keene, the athletes will make a hard left turn onto route 9N -- the 'Buffet Zone'. Here, although most, if not all, of their speed has been scrubbed off after the big descent, the athletes are treated to a relatively flat section, with a few short climbs that runs along a river in a beautiful Adirondack valley. This is a perfect place to get the heart rate down and ingest those calories.

Patient, and some say smarter, athletes will be the smaller chain ring for most of their first loop because it will take less effort pedaling and enable the heart rate to settle down. This technique will also save their legs for the next loop and the run. On this section however, some conservative athletes may do an easy spin in their big chain ring as long as they can maintain a high cadence with little effort and low heart rate. In any event the athletes can really enjoy this section as they watch the scenery and the competitors while take it easy and fuel up.



This idyllic section lasts for about 6 miles as they ride to the small town of Upper Jay. There they will make a right turn past a firehouse onto the section that will take them to the town of Jay. This section is also nice and contains only a few negligible climbs. The scenery is nice here as well as the river is now running along the athlete's right hand side as you travel along the river valley. In the distance, verdant mountains loom.

Four miles later, near mile 24 (80), the athletes enter the small town of Jay. The stay is brief however as they make a left turn onto route 86 for the start of what some think the hardest, if not least favorite, part of the course a 5 mile ascent into Wilmington. The climb is initially daunting and unremittingly steep. Many will be in their smallest chain ring in front, and will most certainly be in their easiest rear cog.

There is little opportunity to eat or drink here and, on a sunny day, the road is very exposed to the rising sun which is beaming onto the athlete's back from the east. Mentally challenging, the athletes will be trying to stay focused on a good cadence and trying not to burn out their quadriceps in this section. Those that hammer up this section will most certainly pay later in the day.

There is a brief down hill section that leads to yet another climb after two miles. So, just as the athletes may think it is over the climbing starts again. While the scenery is nice -- not spectacular, many athletes will notice a church nearby that may or may not have apropos spiritual advice on its billboard. Trilife supporters however, may wish to leave some inspirational messages in chalk along this section of road the night before.

After a mile or so more there is a short downhill and flat that leads up to the beginning of the Out and Back section (OAB) near mile 30 (86). Athletes will make a right onto Hazelton road for an approximate 12 mile round trip. This is a very weird section of the course. Some say it seems easier in than out, while others feel night before.

After a mile or so more there is a short downhill and flat that leads up to the beginning of the Out and Back section (OAB) near mile 30 (86). Athletes will make a right onto Hazelton road for an approximate 12 mile round trip. This is a very weird section of the course. Some say it seems easier in than out, while others feel the opposite.

The section has an initial flat then steep decent followed by some down hill rollers, near the end of the Out, the athletes must regain all of their lost elevation and then some. Still, athletes may find it possible to eat in between the descent and climb. Thankfully near the end of the Out there is a forest section that provides the athletes with some cover from the sun. Unfortunately, on the way Back this cover is short lived as the athletes break into some open farm country – there is even a small airfield in this section.

One note about the climb on the way Back: the section is exposed and goes through a sandy ‘beach’ area. Athletes generally won’t take notice of it on the way in, however on the way Back they are climbing, and the exposed area and sand combine to make this section a natural oven which they will definitely notice if the sun is out. Support team members that can manage it, may want to plant some inspirational signs here as well.

Having finished the Out and Back, athletes turn back on to route 86 at around mile 42 (98). A mile later, near the Mountain Brook Lodge, the athletes make a left hand turn, continuing their course on route 86. Here is where the course really gets hard. This is the start of a 12 mile climb back to Lake Placid. The athletes are going to climb around



1000 feet over this distance – about a 4.7% grade, with shorter steep sections in between. To make matters that much harder, there is often a constant wind blowing from the south into the athletes. It is not uncommon for athletes who have been riding at 20 MPH throughout most of the sections of the course, to drop to below 14 MPH average and below 5 MPH on the steeper sections.

The section is not without beauty however, as the athletes will be passing carved chasms along the highway with a river running along the right that is a common fly fishing area. Whiteface mountain provides a backdrop as the athletes take in the scenery and try and disjoin their weariness from their body. Mentally, this section is as taxing as physically and looking at the scenery may help get the athlete into a relaxed yet focused mental state.

At around mile 50 (106) the athletes will pass the first of a series of steeper named hills – Don Cherry. I have no idea why it is named this, however this signals to the athletes, that there are more ascents ahead. At mile 52 (108), the athletes pass the end of the run Out and Back. It is relatively flat here. It almost feels as if it is down hill, but it’s not. At mile 53 (109) the athletes encounter the cherries proper – Little Cherry and Big Cherry.

With that, at mile 54 (110), the last of the named hills is upon the athlete – the Bears; Mama Bear, Baby Bear, and Papa Bear. Baby bear is not as tall as either of the others and

provides temporary respite for the athletes until tackling the short but steep Papa Bear. At the crest of Papa Bear, is the Cobble Mountain Lodge. Fond memories of training camps past are sure to flood into the Trilife athletes brain, much as the lactic acid is flooding into their quads. It might be a good idea to provide some inspiration along this entire section of the course – especially in the area of the Cherries and Bears! There is very little area to rest and to eat, so any pick me up would probably be helpful to them.

The athletes make a right turn at the Lodge onto Northwood road for the last section back to the Olympic Oval. Before they get there, however, there is one little hill that feels like a wall at mile 55 (111). After this the athletes wind there way to Lake Placid Club Drive, right next to Mirror Lake and the swim exit.

Here, on the first loop, the athletes get a chance to ask for their Special Needs bag. What is in that? Well, anything that the athlete might need or want. Most importantly, nutrition for the loop ahead. The athlete may have clothing – jacket, socks, bike repair stuff – tires, tubes, CO2, body repair stuff – lubrication, sunscreen, bandages, or a special treat to keep them inspired – a cookie, brownie, pastrami sandwich, or even a bacon cheese burger. Whatever the athlete might want or need to keep them going in the last loop of the bike ride could be in the Special Needs bag.

This is a great area to see your favorite athlete as many will be slowing down or stopping for special needs. Also, the Brewery has a barbeque going nearby so you can suck down a beer and eat a burger while cheering on your athletes.

After stocking up the athletes make their way through town to the back of the Oval to start the loop again. You can catch them here as well, as they make there way on main street past the announcer to the Oval. Once there, the athletes do the whole thing again.

What are they thinking about the second time through? The same things – nutrition, cadence, effort. Granted, some will most likely be saying, “Well, I won’t be climbing that hill again today. I can go for broke!” However, the smart athlete will still be working on their nutrition and spinning in a gear that will move them forward quickly while saving their legs for the run.

Those that managed to fuel up on the first loop, remained conservative and patient, and were well prepared for the race will consider releasing the hounds where appropriate. They may start using their larger chain ring more and really open it up during the down hills and selected flats. These athletes will see their efforts pay off relative to the people that went out too hard early as they begin to pass them on these sections. If the conservative strategy pays off their legs will also be fresher for the trying sections in Wilmington and during the last 12 miles of the course.

With luck and skill, these athletes, your athletes, will do the second loop slightly faster than the first loop. Although, no matter when they come into the Run transition – T2, they will most likely be ready to get off their bike to trade the pain of the saddle for the pain of the run. All athletes must be in T2 and off the bike by 5:30 – ten and a half hours after race start.

T2 is much like T1 though usually it takes less time. Here the athletes are dropping off their bikes and biking gear and changing into running gear. Most notably, they will be changing their shoes, however they may choose to change clothing here as well. Lubrication, sunscreen, and nutrition are always under consideration.

As they exit from the front of the Oval, making a right turn, you will have a good opportunity to see them as they begin the last 26.2 miles of the race. Many will not be running so much as hobbling, as it takes some time for legs to recover after a long bike ride.

During the run, the athlete may be suffering; however, the most important things to focus on at this point would most likely be the same as on the bike section – nutrition, hydration, and cadence. The recommendation is to take in the same caloric level as on the bike, however this is usually not possible due to the jarring stressful nature of running. Many athletes will continue to take in calories, in fact they must, but at a greatly reduced rate. They will get their calories, mainly from gels, or the food offered at the aid stations. They will need to hydrate properly regardless of the temperature, and you may spot them walking through the aid stations in order to maximize their hydration and energy consumption efficiency.

The Lake Placid run course is a double double Out and Back course (athletes will actually pass the same point up to 4 times) that will test the efficiency and mental toughness of the runner. Right off the bat, after just about a mile, the athletes run down a steep hill called IGA hill that will load their muscles eccentrically and make them not want to run. At the top of that hill, there is a gas station that makes an excellent viewing location. Sit there and you can see your athlete pass 4 times and still have time to make it to the finish line to see them finish.

Naturally, after a down hill, there is an uphill past hotels and the outskirts of town that goes past the horse grounds at mile one. The road goes downhill and is referred to as Ski Jump Hill. Ski Jump hill continues to the bridge at the bottom of the hill, which will be familiar to the athletes, as they biked pass this point twice earlier in the day. The downhill to the bridge at mile 2 (9, 15, 21) is not so bad and the athlete may actually be loosened up to the point where they can enjoy it here. However, they must climb this hill twice at mile 9 and 21 ensuring that this hill will be daunting indeed.

After the bridge the athletes make a left and continue on River Road which is mostly flat with some minor rolling hills. The section is quite pleasant with farm land and the Ausable river running along the road. The section of road between miles 2 to 5 (5 to 8, 15 to 18, and 18 to 21) is relatively flat. Here, stronger runners may try and make up some time by going a little faster remembering that on their way back into town they need to go up both Ski Jump hill and IGA hill. On their way out River Road, however, there is a shaded pine forest near the end of the trip out at mile 5.25 (18.25) which may seem like a reward for their efforts.

This section is another section where the support team may want to consider planting signs or chalking the road as there is usually a paucity of spectators there.

On the way back to town, IGA Hill, mile 12 to 13 (23 to 24) is tough! Many athletes will be walking up this section. Others may have promised themselves not to and will be running at a pace barely faster than a walk. After the steepest part of

the hill, past the gas station, the climb continues to the Oval where on the first time through the athletes will make a right onto Lake Placid Club Drive, next to Mirror Lake.

The athletes will run past the Brewery and head for the run Special Needs Bags. Again, these bags contain whatever the athlete may need to help them complete the last 13 miles of the race. Once past special needs, they will continue on Lake Placid Club Drive for another mile before turning around and heading back to IGA Hill. Unfortunately, the road has a decidedly upward cant on the way out. At least on the way back it is downhill.

After the out and back, the runners are at the Oval to start the circuit again. This is where the race starts for most athletes and where it may break some athletes. Fatigue, dehydration, lack of nutrition, and the weather have taken their tolls on the athletes. Many will be struggling at this point and will need to dig deep to generate forward movement for the last agonizing miles. Many will be doing a run/walk routine, some will just be walking.

It is during this last section where the athletes will be struggling mentally and physically most. Focused on the finish, they will most certainly appreciate any and all encouragement that the supporters have to offer. When the athletes make that final turn off of Lake Placid Club drive, most will find a reserve of energy and dignity to propel them at a running pace across the finish line.

Having finished the race in under 17 hours, the maximum allowed since the course will close at midnight, those Trififers that have the energy will stick around, cheering, until their last teammate crosses the finish line. This extra effort in showing support of their teammates is not insanity, but dancing to the music.



IRONMAN LAKE PLACID JULY 22, 2007



Cindy Lynn Sherwin



Lauren Beam

Bib #2068



Age: 30

Occupation: Swim Coach

Hails from: New York City by way of Albany, Oregon

Bike Brand: Specialized **Bike Color:** Black **Helmet Color:** Red

Why the Ironman?: For the challenge!

Power Phrase: Anything positive and encouraging

Words from Lauren: Thank you to my family and friends traveling all the way to Lake Placid to watch me race.

Estimated Times:

	Duration	Start time	End of 1st Loop	End of 2nd Loop
Swim	1:00	7:00 AM		8:00 AM
Transition 1	0:05	8:00 AM		8:05 AM
Bike	6:45	8:05 AM	11:27 AM	2:50 PM
Transition 2	0:05	2:50 PM		2:55 PM
Run	4:05	2:55 PM	4:57 PM	7:00 PM
Finish	12:00	7:00 PM		

Ramon Bermo

Bib #1172



Age: 40

Occupation: Business Analyst and Running Coach

Hails from: : Spain

Bike Brand: Aegis T2 Color: Black Helmet Color: Grey

My distinguishing features: Pudgy and old

Why the Ironman?: Midlife crisis, why else would I do my 6th lake placid IM !

Power Phrase: BEHAVE!

Words from Ramon: I still hate Scott and Ross for getting me into this tri-ing to be an athlete thingy ! The only one thing that I am looking forward it to see my little ones on the sidelines, hopefully cheering for daddy !

Kristen Bowes

Bib #2092



Age: 31

Occupation: Assistant General Counsel, The City University of New York

Hails from: Lake Ronkonkoma, NY (LI)

Bike Brand: Guru **Bike Color:** Candy-apple Red **Helmet Color:** Black and Grey

My distinguishing features: none whatsoever. I am an ordinary looking blonde (with a big butt).

Why the Ironman?: Because I am Kristen F**n Bowes, and because I want to prove, once again, that I can achieve any goal I set my sights on. Because I live by the phrase DOWHATEVERYOUDOINTENSELY—and am most happy when I am giving everything I have in the world to accomplishing something, whether it be running a race or arguing a case, because it has my name attached to it —Kristen F**n Bowes.

Power Phrase: Go KFB. Look, George Bush and Ann Coulter are ahead of you! Take no prisoners!

Words from Kristen: I believe I was born with a gift—a gift of great passion for running, and for life, and for pushing myself beyond any and all limits I may have. I have also been tremendously lucky in that I have been surrounded by people my entire life, including my mom and two brothers, who have helped me channel this passion towards achieving the goals I have set. Whether it was playing soccer, studying for college, working as a prosecutor, and now training for the Ironman—I have had many highs and many lows—but in the end, I have always accomplished my goals, namely because of my passion and desire. My daily mantra is, in the words of Eminem: “success is my only mother f**n option, failure’s not!” I’d like to thank, with ALL MY HEART, our amazing coaches (Ross and Scott, sorry for giving you so much crap—you were right, about everything!), my teammates, my colleagues and my amazingly supportive husband, for believing in me. I’d like to wish my Grandma a happy 80th birthday (on race day!). I may have a “soft core”, but I have a great fire in my belly!!

Estimated Times:

	Duration	Start time	End of 1st Loop	End of 2nd Loop
Swim	1:20	7:00 AM		8:20 AM
Transition 1	0:05	8:20 AM		8:35 AM
Bike	6:30	8:25 AM	11:40 PM	2:55 PM
Transition 2	0:05	2:55 PM		3:00 PM
Run	4:00	3:00 PM	5:00 PM	8:25 PM
Finish	12:00	7:00 PM		

Connie Carpenter

Bib #2465

Age: 47

Occupation: Computer Consultant

Hails from: NYC via Connecticut

Bike Brand: Litespeed Saber Named Tina **Bike Color:** Titanium w/ Pink Rumble Girl Highlights **Helmet Color:** White w/ Pink Rumble Girl Highlights

My distinguishing features: Pink socks, pink sunglasses, overall Pink attitude!

Why the Ironman?: My decision to do IM was not so much a choice as a calling.

Power Phrase: “ Rumble, Girl, RUMBLE” (M. Ali). “You’re Tougher than That!” (D. Moreggi). “Work Harder!” (M. Donaghy) “POSTURE!” (Coaches Everywhere)

Words from Connie: Thanks to: Stephanie, Donna, Mo, Melissa for too much to list. My family. My Tennis buds. Donald, Julia and AnneChris for their amazing advice and support. Charlee for coaching and coffee talks. Coaches Scott, Ross and Earl for having confidence in me since Disney 2003 – “thanks” is inadequate. Coaches Lance and George for the right words. Coach Kim for your patience and encouragement. My mentor Mr. Buttercup, Tinker Belle, Jaime, Sunshine, Nacho, Sasquatch and Princess D. – sparkly cupcakes for all! Namaste.



Estimated Times:

	Duration	Start time	End of 1st Loop	End of 2nd Loop
Swim	1:40	7:00AM		8:40AM
Transition 1	0:10	8:40 AM		8:50AM
Bike	7:30	8:50 AM	12:35 PM	4:20 PM
Transition 2	0:10	4:20 PM		4:30AM
Run	6:00	4:30 PM	7:30 PM	10:30 PM
Finish	15:30	10:30 PM		10:30 PM

Jen Cenedella

Bib #2242



Age: 37

Occupation: Director of Sales, Trade Show industry

Hails from: New York, NY

Bike Brand: Litespeed **Bike Color:** Titanium **Helmet Color:** Black

My distinguishing features: Aero bottle between aero bars

Why the Ironman?: Having done tris of all other distances for 6 seasons, it was time. I was incredibly inspired two years ago in Placid when I went to cheer on my friend Suzanne and have continued to be inspired every day training and racing with my friends. This is it!!! Thank you coaches, you are the best and to Cindy...

Power Phrase: Mental toughness (and just keep me in the zone)

Words from Jen: -My father passed away two years ago this weekend. His unwavering positive attitude, unconditional support, family values and determination to fight his own battles with diabetes and heart disease inspired me every single training day, at every difficult moment. This is for you, Daddy.

I love you Mike and am so happy to be celebrating our first year together at the **place** where it all began. You know I like you, right?

Estimated Times:

	Duration	Start time	End of 1st Loop	End of 2nd Loop
Swim	1:23	7:00 AM		8:23 AM
Transition 1	0:10	8:23 AM		8:33 AM
Bike	7:00	8:33 AM	12:03 PM	2:38 PM
Transition 2	0:07	3:33 PM		3:40 PM
Run	4:50	3:40 PM	6:05 PM	8:25 PM
Finish	13:50	8:30 PM		8:30 PM

DC (aka "David E. Cohn")

Bib #311

Age: 28

Occupation: Disgruntled Attorney

Hails from: New York, New York

Bike Brand: 06 Quintana Roo Caliente **Bike Color:** Black/Yellow/Silver **Hellet Color:** White

My distinguishing features: Love Handles!

Why the Ironman?: Because its there. Oh yeah, and to train with such a fine group of individuals.

Power Phrase: Embrace the Pain, DC!

Words from DC: I wanted to thank my family, especially my parents, for all of their support and understanding throughout my training. I love you guys! Also a special thanks to the TriLife coaches. Without your guidance and motivation, I would not have been able to make it to where I am today. I hope to make you proud. And to my teammates, you truly inspire me...now let's go rock this thing!



Estimated Times:

	Duration	Start time	End of 1st Loop	End of 2nd Loop
Swim	1:15	7:00AM		8:15AM
Transition 1	0:08	8:15 AM		8:23AM
Bike	6:00	8:23 AM	11:23 PM	2:23PM
Transition 2	0:05	2:23 PM		2:28PM
Run	4:35	2:28 PM	7:30 PM	7:03 PM
Finish	12:03	7:03 PM		7:03 PM

Steve Dean

Bib #1389



Age: 43

Occupation: Self-employed Web consultant

Hails from: NYC, but originally from Oklahoma

Bike Brand: Cervelo P2 SL **Bike Color:** Black **Helmet Color:** White

My distinguishing features: Bright yellow running shoes and, of course, TriLife racing gear.

Why the Ironman?: I love doing stuff that requires intense, deep focus. And when I find an activity like Ironman that demands 12 to 13 hours of focus, sign me up!

Power Phrase: in quick succession, say to me, “one, two, three, four, one, two, three, four, one, two, three, four...”

Words from Steve: Thanks to my teammates who helped me get faster and stronger by pulling me along in the pool, pacing me on the bike and pushing me harder on my feet. And to the brilliant, unflappable coaches who always showed up to teach, push, and calm me. A special thanks goes to my support crew who traveled here from NC, OK and NV.

Estimated Times:

	Duration	Start time	End of 1st Loop	End of 2nd Loop
Swim	1:30	7:00 AM		8:30 AM
Transition 1	0:08	8:30 AM		8:38 AM
Bike	6:30	8:38 AM	11:53 AM	3:08 PM
Transition 2	0:05	3:03 PM		3:13 PM
Run	4:15	3:13 PM	5:20 PM	7:28 PM
Finish	12:38	7:28 PM		

Lisa (Stella) Dellamora

Bib #2221



Age: 37

Occupation: Educational Consultant / Author / Doctoral Student

Hails from: : Where am I NOT from? NYC is my 17th home!!!

Bike Brand: Seven Color: Silver Helmet Color: White

My distinguishing features: Hair in two ponytails or braids.

Why the Ironman?: According to Ross, I have “unfinished business” with IMLP. I am here today to finish stronger and faster than I did last year.

Power Phrase: “SSSSSTTTTEEEEEELLLLLLAAAAA!!!!!!”, “Are you suffering?”

Words from Stella: A HUGE thanks and XOs to my girls- Jen, Kristen, Peta, Stacey, & Gina. It was great to train with you chicks! After today, it’s time to play!!! Special thanks to my parents- Barb & Ron- for coming to see what this is all about! I hope to make you proud today. Scott & Ross- Thanks for everything you did to get me here today.

Estimated Times:

	Duration	Start time	End of 1st Loop	End of 2nd Loop
Swim	1:00	7:00AM		8:00 AM
Transition 1	0:10	8:00 AM		8:10 AM
Bike	6:50	8:10 AM	11:35 PM	3:00 PM
Transition 2	0:04	3:00 PM		3:04 PM
Run	4:55	3:04 PM	5:31 PM	7:59 PM
Finish	12:59	7:59 PM		

Alexandra (Alex) DeNeve

Bib #2244



Age: 37

Occupation: Attorney

Hails from: The seacoast of New Hampshire

Bike Brand: Quintana Roo **Bike Color:** Black/white/red **Helmet Color:** White

My distinguishing features: My TriLife uniform and the ponytail sticking out the back of my bike helmet.

Why the Ironman?: I don't know what made me start doing triathlons but I completed my first Olympic distance 3 years ago, and I guess once you get hooked on this sport, you have to do the Ironman because it's the pinnacle of the sport. Plus it sounded like fun!

Power Phrase: I will take any words of encouragement except please don't say "You're almost there" 'cuz you're not almost there until you're there!

Words from Alex: I want to thank my family and friends for their support and encouragement in this odyssey of mine. I want to thank my coaches for their patience, wisdom and advice - it was truly valued. Lots of luck to my teammates - I can't wait to see you all out there! Finally, thanks very much to my support team - Mom, Dad, Veronica, Justin, Judi, Carrie, Kristy, Tishy, Nina & Chadd - you guys are going to look good in red!

Estimated Times:

	Duration	Start time	End of 1st Loop	End of 2nd Loop
Swim	1:15	7:00AM		
Transition 1	0:07	8:15 AM		
Bike	7:00	8:22 AM	11:52 PM	2:38 PM
Transition 2	0:03	3:22 PM		
Run	5:00	3:25 PM	5:55PM	8:25 PM
Finish	13:25	8:25 PM		7:00 PM

Annette Dilorio

Bib #2340



Age: 41

Occupation: Pediatric Occupational Therapist

Hails from: Originally a Jersey girl, now living in Inwood near a very provocatively named intersection

Bike Brand: Felt **Color:** Yellow **Helmet Color:** White

My distinguishing features: I've been told I have a great pace booty...

Why the Ironman?: To face my fears and to feed my face.

Power Phrase: Go Nacho!!, Do it for your Dad!, If words fail then "I gotta have more cowbell!!!!"

Words from Annette: I am ever so grateful to my friends and family who have stood by me/put up with me during the long journey to Ironman part Deux. Thanks in advance to all the 2005/06 Alum's including Adam, Charlee, "Ivan" and Glenny, my pre- and post- IM domestiques.

I can't thank the Trilife coaches enough. Their "pearls" of wisdom helped me through not only two IM's but a difficult year in between. I suppose I could have survived without you all but the rough patches would have been much rougher, the forward progression much less relentless and the journey a lot less dignified. I am eternally grateful.

Estimated Times:

	Duration	Start time	End of 1st Loop	End of 2nd Loop
Swim	1:30	7:00AM		8:30 AM
Transition 1	0:10	8:30 AM		8:40 AM
Bike	7:10	8:40 AM	12:15PM	3:50 PM
Transition 2	0:05	3:50 PM		3:55 PM
Run	5:25	3:55 PM	6:37 PM	9:20 PM
Finish	14:20	9:20 PM		

Tom Dolan

Bib #482



Age: 32

Occupation: Marketing

Hails from: : Putnam Valley, NY / NYC currently

Bike Brand: Litespeed **Color:** Silver w/ black & yellow **Wheels** **Helmet Color:** White

Why the Ironman?: To prove to myself that I can do it. For the honor of being called an Ironman. To fulfill a childhood dream. But mostly because of peer pressure...

Power Phrase: This is the Ironman!

Words from Tom: I want to thank my family and friends for sacrificing with me and supporting my journey. Seeing the smiling faces of my "support crew" during the race will make it all worthwhile. Most of all I want to thank Kim for standing by me, pushing me, and helping me realize this dream. This has truly been a team effort. TriLife is a family of the most inspiring, generous, unique, and spirited people I have ever met. I will be proud to wear the uniform on Sunday.

Estimated Times:

	Duration	Start time	End of 1st Loop	End of 2nd Loop
Swim	1:10	7:00 AM		8:10 AM
Transition 1	0:08	8:10 AM		8:18 AM
Bike	6:15	8:18 AM	12:03 PM	2:33 PM
Transition 2	0:08	2:33 PM		2:41 PM
Run	4:25	2:41 PM	6:05 PM	7:06 PM
Finish	12:06	7:06 PM		

Ron Dooley

Bib #1158



Age: 40

Occupation: I manage a fund that invests in troubled, or distressed companies..

Hails from: : Calgary in western Canada but have lived in NYC for the past 10 years

Bike Brand: Guru Tri'ti **Color:** Titanium Grey **Helmet Color:** Blue

My distinguishing features: Tallest guy on the TriLife team

Why the Ironman?: The short and easy answer is because Ed O'Connor signed up to do another ironman and persuaded me to join him. The longer answer is that this is my second ironman and I have always planned on completing three of them. Life demands and challenges for this year seemed manageable and I had the desire to take on the challenge once again. I couldn't imagine training for an ironman any other way than with TriLife.

Power Phrase: I know it sounds typical but "Go Ron" always seems to grab my attention and pick me up.

Words from Ron: A special thanks to all of my supports and friends (Helene and Jenny especially), and my girlfriend Angela for putting up with all the time I spent training. You are the best!

Estimated Time: Sub 12:00

Dan Friedman

Bib #2067



Age: 39

Occupation: Turnaround and distressed securities investment professional.

Hails from: A cute little city in the North of Israel (Haifa)

Bike Brand: Serotta Legend Ti **Color:** Titanium Grey **Helmet Color:** Red, White, Blue

My distinguishing features: Really "skinny" guy...

Why the Ironman?: Because its there..

Power Phrase: I can!

Words from Dan: We miss you Cindy!

Renee Gerardo

Bib #2339



Age: 30

Occupation: Pilates Instructor/Grad Student

Hails from: Michigan

Bike Brand: Quintana Roo (Ridiculously Tiny) **Color:** Grey **Helmet Color:** White

Why the Ironman?: I just felt that the time was right. I always seem to seek out the tricky adventurous stuff, the things that remind you of the gift to move and think. And I was turning 30! I know also that I will be doing the Ironman not only for myself, but in honor of Cindy.

Power Phrase: Journey said it best when they said "Don't Stop Believin!"

Words from Renee: . I am extremely grateful to the coaches, for getting me to this day more ready than I could ever be, for "checking my guts" and for "finding my skeletons" I think my guts are all over CP and the trails in NP. Thank you to my fellow Lifers, for all the laughs and sometimes tears in the past 10 months of countless hours of training. To the boys for letting me tag along. To the ladies for giving the boys a run for their money. I especially want to thank JT-for reminding me not to take myself too seriously, for being an inspiring Ironman himself, and most of all, for reminding me that all I have to give is my best, whatever that may be. (And of course for bringing sexy back.)

Estimated Times:

	Duration	Start time	End of 1st Loop	End of 2nd Loop
Swim	1:10	7:00AM		8:10 AM
Transition 1	0:05	8:10 AM		8:15 AM
Bike	6:25	8:15 AM	11:28 PM	2:40 PM
Transition 2	0:05	2:40 PM		2:45 PM
Run	4:00	2:45 PM	4:45 PM	6:45 PM
Finish	11:45	6:45 PM		

Celeste La Raja

Bib #2339



Age: 37

Occupation: Equity Trader

Hails from: New York, NY

Bike Brand: Trek Equinox **Bike Color:** Silver **Helmet Color:** White

My distinguishing features: My TriLife uniform and the ponytail sticking out the back of my bike helmet.

Why the Ironman?: I don't know what made me start doing triathlons but I completed my first Olympic distance 3 years ago, and I guess once you get hooked on this sport, you have to do the Ironman because it's the pinnacle of the sport. Plus it sounded like fun!

Power Phrase: GO RAJ GO!

Words from Celeste: I truly need to thank all the coach's for the positive and sometimes negative but much needed comments that got me through such a long training program. Your intensity, love of sport, and making it a lifestyle inspired me immensely. Ok enough of the mush.. to the close friends that I made on the team... THANK YOU for the many laughs. It made some pretty tough workouts bearable. And I can truly say I have new friends for LIFE! To my family: Thanks for showing up to CHEER!!! LOVE YOU!

Estimated Times:

	Duration	Start time	End of 1st Loop	End of 2nd Loop
Swim	1:20	7:00AM		8:20AM
Transition 1	0:03	8:20 AM		8:28AM
Bike	6:30	8:23 AM	11:43 PM	2:58 PM
Transition 2	0:06	2:38 PM		3:04PM
Run	4:00	3:04PM	5:04 PM	7:04 PM
Finish	12:04	7:04 PM		7:00 PM

Ethan Madson

Bib #498



Age: 32

Occupation: Finance (Equity Trading)

Hails from: New York City, but Worcester, MA originally!

Bike Brand: Fuji **Bike Color:** Black **Helmet Color:** Red & White

My distinguishing features: Blazing speed

Why the Ironman?: It's an interesting challenge and it sounds cool at cocktail parties.

Power Phrase: Bike: "Relax dude, it's only the bike.", Run: "Stay firm!"

Words from Ethan: Sarah, thanks for putting up with another IM season. (It's the last one, I swear! for a while ;)

Estimated Times:

	Duration	Start time	End of 1st Loop	End of 2nd Loop
Swim	1:15	7:00 AM		8:23 AM
Transition 1	0:08	8:15 AM		8:33 AM
Bike	6:15	8:23 AM	11:30 PM	2:38 PM
Transition 2	0:08	2:38 PM		3:40 PM
Run	4:00	2:46PM	4:46 AM	8:25 PM
Finish	11:46	6:46PM		

Rob Maldonado

Bib #1017



Age: 39

Occupation: Sergeant, NYPD

Hails from: Brooklyn, New York

Bike Brand: Cannondale Six13 Slice **Bike Color:** Silver and Black w/ red tires **Helmet Color:** Black

My distinguishing features: Horse head Tattoo on left bicep. USMC Tattoo on right shoulder

Why the Ironman?: I have no definitive answer. I want/need to know if I can do it.

Power Phrase: SUCK IT UP BUTTERCUP, OR NO CUPCAKE FOR YOU! PAIN IS WEAKNESS LEAVING THE BODY! SASQUATCH! Hurry up! The food is getting cold! SEEK OUT THE PACE BOOTY! OR JUST ANYTHING FUNNY.

Words from Rob: A special thanks to my friends and family who have put up with my training schedule I have to thank my folks (Gina and Mike), the entire Ramos clan and the Jones clan for trekking up to Lake Placid to support me. Thanks to the whole LTS crew but especially Connie, Marisol, Michelle, Jaime and Annette for making those long training rides so much more palatable. Thanks to Ross, Scott, Earl and Kim. Coach Kim remember if the LTS crew does something wrong it's actually Dan's fault.

Estimated Times:

	Duration	Start time	End of 1st Loop	End of 2nd Loop
Swim	1:50	7:00AM		8:50 AM
Transition 1	0:10	8:50 AM		9:00 AM
Bike	7:40	9:00 AM	12:570 PM	4:40 PM
Transition 2	0:08	4:40 PM		4:48 PM
Run	4:50	4:48PM	7:13 PM	9:38 PM
Finish	14:38	9:38 PM		

Jim Maxfield

Bib #282



Age: 27

Occupation: Hedge Fund Analyst

Hails from: Outside Philadelphia – Current Manhattan Resident

Bike Brand: Guru Chrono **Bike Color:** Red/Black **Helmet Color:** Grey/Black

My distinguishing features: Does being really tall count? Surely being dead sexy does.

Why the Ironman?: Because one day, I won't be able to...carpe diem.

Power Phrase: Drain the Pain Maxfield!

Words from Jim: There have been people throughout my life that have guided, encouraged and provided me with the tools to grow. Their inspiration has taken many shapes and forms, and to experience their presence in my life has been a true blessing. In particular I want to thank Uncle Wade for inspiring me to fight for life, my parents for teaching me countless lessons and helping me become a man, my sister for her unwavering loyalty, Meredith for all her love and support over these 10 months and my friends for sticking it out with me despite the infrequency of our time together this year. You and many others who have impacted me along the way will be in my thoughts during every inch of those 140.6 miles. Much love.

"What lies behind us and what lies before us are tiny matters compared to what lies within us."
- Ralph Waldo Emerson

Estimated Times:

	Duration	Start time	End of 1st Loop	End of 2nd Loop
Swim	1:08	7:00 AM		8:23 AM
Transition 1	0:05	8:08 AM		8:13 AM
Bike	5:40	8:13 AM	11:03 PM	1:53 PM
Transition 2	0:04	1:53 PM		1:57 PM
Run	4:00	1:57 PM	3:57 PM	5:57 PM
Finish	10:57	5:57 PM		

Vicki Mazur

Bib #2097



Age: 31

Occupation: Human Resources Professional

Hails from: Queens NYC – born and raised

Bike Brand: Specialized-Ruby “Twosday” **Color:** Black/grey **Helmet Color:** Sliverish

My distinguishing features: Short. . .look down!

Why the Ironman?: So that I would have guns in my wedding dress. Just kidding. . .kind of. I had a fantastic time doing Ironman my first year and I was pumped to step up to the challenge in year two. Besides I would miss training in sub zero degree weather.

Power Phrase: In the words of the Beastie Boys. . . “Shake your RUMPA!”

Words from Vicki: Year two has been emotionally and mentally difficult. Thank you especially to my husband Earl who has inspired me to stay strong and work hard. He has been by my side through a long year, filled with memories of our marriage, honeymoon and unfortunately the loss of our close friend, Cindy. I dedicate my race to Cindy. I will race it hard, smart and full of energy.

Estimated Times:

	Duration	Start time	End of 1st Loop	End of 2nd Loop
Swim	1:15	7:00AM		8:15 AM
Transition 1	0:06	8:15 AM		8:21 AM
Bike	6:35	8:21AM	11:38 PM	2:56 PM
Transition 2	0:04	2:56 PM		3:00 PM
Run	3:59	3:00PM	4:59 PM	6:59 PM
Finish	11:59	6:59 PM		

Steve McCarthy

Bib #540



Age: 33

Occupation: Network Engineer

Hails from: Worcester, MA – now live in Hoboken, NJ

Bike Brand: Pricipia **Color:** Black **Helmet Color:** White

My distinguishing features: 6’4” and skinny – right knee band when running

Why the Ironman?: To try improve on past performances, and enjoy the benefits of good health.

Power Phrase: I don’t know – say something creative is always fun.

Words from Steve: Thanks to the each and everyone on the team – your efforts helped keep me going when I wanted to stop early. My friends and family, who gave support throughout this training. All the coaches for their constant, heartfelt and sometimes creative guidance (Scott “Lanopy lane is too easy, lets tie tractor tires to our hips and run up it”, Ross “Ethan looks fitter than you”, Earl – someday I’ll beat you in a swim, Kim – for helping me out during training camp, Lance for being honest). And lastly to Cristiana who provided endless support during the entire Ironman training when I’m sure there are other things she wished I would be getting done.

Estimated Times:

	Duration	Start time	End of 1st Loop	End of 2nd Loop
Swim	1:15	7:00 AM		8:15 AM
Transition 1	0:09	8:15 AM		8:24 AM
Bike	6:35	8:24 AM	11:41 AM	2:59 PM
Transition 2	0:06	2:59 PM		3:05 PM
Run	4:15	3:05 PM	5:12 PM	7:20 PM
Finish	12:20	7:20 PM		

Jaime McPhee

Bib #2079



Age: 30

Occupation: Chief Compliance Officer and Associate Counsel, GAM USA Inc.

Hails from: Fairfield, CT/ **Current:** New York City

Bike Brand: Cervelo P2C; aka "RockStar" **Color:** Blue and White **Helmet Color:** Red & White

My distinguishing features: Butterfly tattoo on back...soon to be secondary to the Ironman Tattoo

Why the Ironman?: less) 1. Because someone told me I couldn't; 2: It's a great pick-up line; and 3: To be proud of myself (and be able to brag for the rest of my life!).

Power Phrase: "Run Faster B*tch"; "Balls to the Wall" "Go Jaminator"

Words from Jaime: I would like to extend a special thanks to all of my teammates, friends and family (including my doggies) for all their love and support over the past 10 months. To my coaches, this journey that you have led me through has been one of the most amazing experiences of my life. I have to say, in the 15 years of my competitive swimming career, there have been no coaches that have been so positive and motivating as you! I have always been a person who always wants to go that extra mile and see what my body and mind can do...Ironman is that EXTRAordinary event that can change your life forever! Enough with the cheesy stuff...lets RACE!

Estimated Times:

	Duration	Start time	End of 1st Loop	End of 2nd Loop
Swim	1:10	7:00AM		8:10 AM
Transition 1	0:10	8:10 AM		8:20 AM
Bike	7:15	8:20 AM	11:57 PM	3:35 PM
Transition 2	0:05	3:35 PM		3:40 PM
Run	5:45	3:40PM	6:32 PM	9:25 PM
Finish	14:25	9:25 PM		9:25 PM

Nathan Miller

Bib #312



Age: 28

Occupation: Financial Analyst

Hails from: New York, NY – San Luis Obispo, CA

Bike Brand: Cervelo P3C **Color:** White / Black **Helmet Color:** White/Silver

Estimated Times:

	Duration	Start time	End of 1st Loop	End of 2nd Loop
Swim	1:15	7:00 AM		8:15 AM
Transition 1	0:02	8:15 AM		8:17 AM
Bike	6:20	8:17 AM	11:27 AM	2:37 PM
Transition 2	0:03	2:37 PM		2:40 PM
Run	4:15	2:40 PM	4:47 PM	6:55 PM
Finish	11:55	6:55 PM		

Michelle Monteith

Bib #2192



Age: 35

Occupation: Sales

Hails from: New York City via Maine and Boston

Bike Brand: Kestrel Talon SL **Color:** Red w/ Red Tires **Helmet Color:** Blue

Why the Ironman?: To push my body farther than it has ever been pushed before. To hear "you are an Ironman" as I cross the finish line.

Power Phrase: "Go Michelle, you can do it" "1, 2, 3, 4" in a Russian accent

Words from Michelle: Thanks to: my family who despite thinking I'm a little crazy, made the trip to Lake Placid to support me; the SHBC Ironmen who have been very supportive and a wealth of knowledge; my amazing friends who came up to support me – I look forward to seeing you on the course; the coaches who constantly challenged me – I would not be here if it wasn't for you. And to my LTS training partners (Towanda, Buttercup, Sasquatch, Nacho, Sunshine, Princess and Jaime) - you have helped me through the last ten months and endless miles of training. I truly appreciate your support and have enjoyed the laughs along the way!

Estimated Times:

	Duration	Start time	End of 1st Loop	End of 2nd Loop
Swim	1:30	7:00AM		8:30 AM
Transition 1	0:10	8:30 AM		8:40 AM
Bike	7:30	8:40 AM	12:25 PM	4:10 PM
Transition 2	0:05	3:35 PM		4:15 PM
Run	5:15	3:40PM	6:52 PM	9:30 PM

Finish 14:30 9:30 PM

Sean Mueller

Bib #608



Age: 34

Occupation: Operations Manager

Hails from: Germantown, Wisconsin

Bike Brand: Serotta **Color:** Black **Helmet Color:** Blue

Why the Ironman?: It is a moral imperative.

Power Phrase: Anything you want to say.

Words from Sean: Just want to say "Tusind Tak!" to everyone on the team, the coaches, and my parents! PS: Marisol is the best!!!

Estimated Times:

	Duration	Start time	End of 1st Loop	End of 2nd Loop
Swim	1:20	7:00 AM		8:20 AM
Transition 1	0:07	8:20 AM		8:27 AM
Bike	7:15	8:27 AM	12:03 PM	3:42 PM
Transition 2	0:07	3:42 PM		3:49 PM
Run	4:45	3:49 PM	6:05 PM	8:34 PM

Finish 13:34 8:34 PM

Emeka Ngwube

Bib #1054



Age: 39

Occupation: Project Financier

Hails from: Dijon (in the heart of Burgundy, France)

Bike Brand: Cervelo P2C **Color:** Blue **Helmet Color:** White

Why the Ironman?: To show my body who's boss.

Power Phrase:ALLEZ ALLEZ!

Words from Emeka: Thanks to the coaches and team for a fantastic year. "Life is not a journey to the grave with the intention to arrive safely in a pretty and well-preserved body, but rather to skid in broadside, thoroughly used up, totally worn out, and loudly proclaiming: Wow!! What a ride!"

Estimated Times:

	Duration	Start time	End of 1st Loop	End of 2nd Loop
Swim	1:20	7:00AM		8:20 AM
Transition 1	0:08	8:20 AM		8:28 AM
Bike	6:30	8:28 AM	11:57 PM	2:58 PM
Transition 2	0:02	2:58 PM		3:00 PM
Run	4:00	3:00PM	6:32 PM	7:00 PM
Finish	12:00	7:00 PM		

Laura Nova

Bib #1054



Age: 33

Occupation: Professor and artist

Hails from: Connecticut

Bike Brand: Specialized Ruby **Color:** Red & Silver **Helmet Color:** Red, Silver, White

Why the Ironman?: Cross training for New York City Marathon

Power Phrase:Go No-Va!

Words from Laura: Thank you so much to all the coaches and my parents, I couldn't have done this without their help.

Estimated Times:

	Duration	Start time	End of 1st Loop	End of 2nd Loop
Swim	1:20	7:00 AM		8:20 AM
Transition 1	0:10	8:20 AM		8:30 AM
Bike	7:30	8:30 AM	12:15 PM	4:00 PM
Transition 2	0:05	4:00 PM		4:05 PM
Run	4:25	4:05 PM	6:17 PM	8:30 PM
Finish	13:30	8:30 PM		

Ed O'Connor

Bib #2150



Age: 39.75

Occupation: Controller for clothing company

Hails from: Sayville, Long Island

Bike Brand: Cervelo **Bike Color:** Red **Helmet Color:** Red, White & Blue

My distinguishing features: None that I'll admit to!.....though I will be wearing some combo of Tri-Life gear

Why the Ironman?: I didn't like my finish line picture from IMLP04.... hope this one is better.

Power Phrase: You're a beautiful man!

Words from Ed: -Thanks to Ross, Scott, Earl, Lance, Kimmie Lu and George....and good luck to all you other Tri-lifers (especially the 'LTS' crew). You have all made this a great experience, you are all genuinely nice people who all have been so supportive to all team members.

-Love you Jen....THANKS

Estimated Times:

	Duration	Start time	End of 1st Loop	End of 2nd Loop
Swim	1:23	7:00 AM		8:23 AM
Transition 1	0:10	8:23 AM		8:33 AM
Bike	7:00	8:33 AM	12:03 PM	2:38 PM
Transition 2	0:07	3:33 PM		3:40 PM
Run	4:50	3:40 PM	6:05 PM	8:25 PM
Finish	13:30	8:30 PM		8:30 PM

Eric Paeper

Bib #1057



Age: 41

Occupation: Executive Director of The Barrow Group Theatre Company

Hails from: Centereach, LI

Bike Brand: Guru Crono **Color:** Red with white lettering **Helmet Color:** White, Black & Red (naturally)

Why the Ironman?: Because I can.

Power Phrase: "Go Tri Life!"

For some reason when people called out my name last year I got confused. I know that sounds stupid but its true. I am proud to be a member of this team. If some one wants to motivate me, remind me that I belong there because I belong to this team. "Go Tri Life" works for me.

Words from Eric: Thanks to coaches and teammates for inspiring me to be stronger than I thought I could be. Thanks to my friends and family for supporting this insanity. It started out as a mid life crisis and ended up being the start of the rest of my life.

Estimated Times:

	Duration	Start time	End of 1st Loop	End of 2nd Loop
Swim	1:20	7:00 AM		8:20 AM
Transition 1	0:10	8:20 AM		8:30 AM
Bike	6:25	8:30 AM	11:42 PM	2:55 PM
Transition 2	0:05	2:55 PM		3:00 PM
Run	4:50	3:00 PM	5:25 PM	7:50 PM
Finish	12:50	7:50 PM		

Marc Passer

Bib #1237



Age: 27

Occupation: Student

Hails from: New York, NY

Bike Brand: Felt **Color:** Black with yellow trim and yellow/black tires **Helmet Color:** Blue & white

My distinguishing features: During the run I will be wearing TriLife top/bottom with bright neon orange hat

Why the Ironman?: To prove to myself that anything is possible.

Words from Marc: I just want to thank the coaches and teammates for putting up with me for the last 10 months of nonstop questions and complaining. Most importantly, I would like to thank my family for all of their support and their understanding of the TriLife lifestyle.

Estimated Times:

	Duration	Start time	End of 1st Loop	End of 2nd Loop
Swim	1:10	7:00AM		8:10 AM
Transition 1	0:10	8:10 AM		8:20 AM
Bike	6:30	8:20 AM	11:35 PM	2:50 PM
Transition 2	0:05	2:50 PM		2:55 PM
Run	4:30	2:55 PM	5:10 PM	7:25 PM
Finish	12:25	7:25 PM		

Scott Redler

Bib #593



Age: 34

Occupation: Equities Trader

Hails from: Grew up in Syosset. Live in Jersey City

Bike Brand: Guru TriLite **Color:** White & Blue **Helmet Color:** Blue

Why the Ironman?: My best friend Steven Perez passed away from Leukemia four years ago. I raise money for the foundation we formed. The Steven M. Perez Foundation.

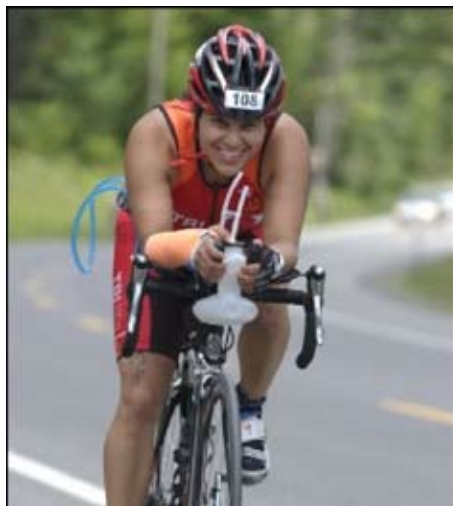
Words from Scott: Steven and my friends bought me a racing bike for my surprise 30th birthday. Then next spring he was diagnosed with Leukemia. He passed away 6 weeks later. Since then I've been racing in his honor raising funds in his name to keep his spirit helping others. I want to make all the foundation supporters proud and finish what i started by crossing that finish line. I want to thank my wife Celena for giving me the time and support to take on this endeavor. I would never have been able to get this far without her.

Estimated Times:

	Duration	Start time	End of 1st Loop	End of 2nd Loop
Swim	1:25	7:00 AM		8:25 AM
Transition 1	0:10	8:25 AM		8:35 AM
Bike	6:30	8:35 AM	11:50 PM	3:05 PM
Transition 2	0:07	3:05 PM		3:12 PM
Run	3:50	3:12 PM	5:07 PM	7:02 PM
Finish	12:02	7:02 PM		

Marisol (a.k.a. Little Miss Sunshine) Rivera

Bib #2060



Age: 30

Occupation: Program Manager, at Medscape

Hails from: New York, NY WASHINGTON HEIGHTS!

Bike Brand: Serotta Nove **Color:** Black & Sunset (orange/red) with white & black decals

Helmet Color: Black, Red & White

My distinguishing features: One arm is lighter than the other.

Why the Ironman?: I needed a challenge.

Power Phrase: GO SUNSHINE GO! (IN A HEAVY MALE RUSSIAN ACCENT)

Words from Marisol: I want to thank my family and whatever friends I have left for putting up with my crap. Ari and Amaya, sleepover? Also, I want to thank my teammates. You guys are awesome! The coaches thank you for everything. Princess, Stupid, Tinkerbelle, Nacho, Towanda, Sasquash, Buttercup and my biatch, have been so supportive over the season, to my crazy moments, and to the breaking of the arm. Let's go whup ass! Can't wait to party it up in Mexico!

Estimated Times:

	Duration	Start time	End of 1st Loop	End of 2nd Loop
Swim	1:30	7:00AM		8:30 AM
Transition 1	0:10	8:30 AM		8:40 AM
Bike	7:45	8:40 AM	12:32 PM	4:25 PM
Transition 2	0:05	4:25 PM		9:00 PM
Run	4:30	4:30 PM	6:45 PM	9:00 PM
Finish	14:00	9:00 PM		

Peta Takai

Bib #2117



Age: 32

Occupation: Financial Consultant

Hails from: New Zealand

Bike Brand: Cervelo P3 Carbon **Color:** Black & White **Helmet Color:** The Phallus Helmet - White

My distinguishing features: Wearing aero helmet

Why the Ironman?: Seemed like a good idea at the time! For the physical and mental challenge.

Power Phrase: Kia Kaha Peta – translates in maori (native New Zealand language as 'Be strong / keep going').

Estimated Times:

	Duration	Start time	End of 1st Loop	End of 2nd Loop
Swim	1:25	7:00 AM		8:23 AM
Transition 1	0:05	8:25 AM		8:30 AM
Bike	6:30	8:30 AM	11:45 AM	3:00 PM
Transition 2	0:05	3:00 PM		3:05 PM
Run	4:30	3:05 PM	5:20 PM	7:35 PM
Finish	12:35	7:35 PM		

Michael Warlan

Bib #391



Age: 30

Occupation: Equity Trader

Hails from: Grew up in Huntington, New York. Manhattan these days

Bike Brand: GuruCrono **Color:** Silver & blue **Helmet Color:** Red, White & Blue

Why the Ironman?: To test my mental and physical abilities. Who am I kidding, I needed an excuse to wear spandex and shave my legs.

Words from Michael: I would like to thank my friends, family, teammates, and coaches for all you support and understanding these past 10 months. I would most importantly like to thank my amazing wife Erin for all her love, encouragement, and sacrifice. I can only imagine how unbearable I really was, I love you!.

Estimated Times:

	Duration	Start time	End of 1st Loop	End of 2nd Loop
Swim	1:12	7:00AM		8:12 AM
Transition 1	0:07	8:12 AM		8:19 AM
Bike	5:55	8:19 AM	11:16 AM	2:14 PM
Transition 2	0:07	2:14 PM		2:21PM
Run	4:05	2:21 PM	4:23 PM	6:26 PM
Finish	11:26	6:26 PM		



IRONMAN COEUR D'ALENE JUNE 24, 2007



Stacey Spain - IM Coeur D'Alene



Age: 31

Occupation: Corporate Securities Attorney

Hails from: St. Louis, MO

Finish Time: 13:58:45

Why the Ironman?: IIM races are always so amazing to me - the feeling you get crossing the finish line is unlike any other and that feeling is probably the major reason I chose to do my second this year at Coeur D'Alene.

Power Phrase: "You never have to do this again, but you are going to finish this one" ;) Relentless Forward Progress!

Words from Stacey: -Coaches...all of you... you can't possibly know the varied ways in which you prepare us - yes, you can see the physical results - but your words are constantly in my mind during these races and have improved my psychological and emotional readiness by leaps and bounds. Ross, Scott, Lance, Earl, George and Kim - you have given me a love for your sports and I can't thank you enough. I have learned to truly suffer and because of you, I'm no longer fearful of it.

Justin Thomas- IM Coeur D'Alene



Age: 32

Occupation: Oil Trader

Hails from: : Coeur d' Alene, ID

Finish Time: 11:59:05

Why the Ironman?: To hear the announcer say "Justin Thomas you are an Ironman" as I cross the finish!

Words from Justin: Thank you to everyone who made it out to Idaho for my big day! It will be a day I never forget!

Jenna Volpi - IM Coeur D'Alene



Age: 32

Occupation: Teacher/Coach

Hails from: New York, NY

Finish Time: 11:48:35

Why the Ironman?: I got talked into it during a very long night out

Power Phrase: You're almost there!

Words from Jenna: -Being a member of this team has been an extremely special experience. Thank you to all of the coaches for their constant support and patience AND to all of the amazing people who signed up for this craziness...you should each be so proud of your amazing accomplishments along the way! Crossing the finish line is the big bonus for all of our hard work. We Love You Cindy!



IRONMAN GERMANY JULY 2, 2007



Greg “Ferg” Fergot - IM Germany



Age: 44

Occupation: Managing Director for Travelers Insurance

Hails from: I’m a “Green Bay Packers Lov’n Cheesehead” from Wisconsin!

Finish Time: 11:32.26

My distinguishing features: None that I’ll admit to!.....though I will be wearing some combo of Tri-Life gear

Why the Ironman?: That’s a good question this year...why not?!

Power Phrase: Great Focus Gregg!

Words from Greg: -The race this year is much less important than my other plans while in Germany???

Sarah “Riles” Riley - IM Germany



Age: 32

Occupation: Credit Analyst

Hails from: : NYC, though “home” is Cumberland Foreside, Maine

Finish Time: 12:23.22

Why the Ironman?: It’s my bag, baby.!

Power Phrase: “SUPER SARA” – pronounced in Germany as “ZOOO-AH SARA”. It’s my new favorite cheer, along with “HOOP, HOOP” on the bike.

Words from Sarah: Best of luck to all the LAKE PLACID athletes! I hope that your experience is as wonderful as mine was in Deutschland!

Estimated Times:

	Duration	Start time	End of 1st Loop	End of 2nd Loop
Swim	1:10	7:00AM		8:10 AM
Transition 1	0:10	8:10 AM		8:20 AM
Bike	7:15	8:20 AM	11:57 PM	3:35 PM
Transition 2	0:05	3:35 PM		3:40 PM
Run	5:45	3:40PM	6:32 PM	9:25 PM
Finish	14:25	9:25 PM		9:25 PM

IRONMAN AUSTRIA JULY 8, 2007



Dennis “Tennis” Ball- IM Austria



Age: 29
Occupation: Triathlete Extraordinaire
Hails from: : Marble, CO
Finish Time: 10:27:05

“Damn” Renee Rauchut - IM Austria



Age: 27
Occupation: Commerical Printing Sales
Hails from: Long Island
Finish Time: 14:59:54

Gina Soloperto - IM Austria



Age: 33
Occupation: Advertising Producer
Hails from: : Worcester, MA
Finish Time: 14:59:55

Terry "TQ" Quinn - Vineman Full August 4, 2007



Age: 35

Occupation: Biotech Sales

Hails from: Hoboken

Bike Brand: Quintana Roo **Color:** White & Blue **Helmet Color:** Blue

My distinguishing features: Trilife jersey

Why the Ironman?: I've got a very short memory so I'm back for another serving of Whoop Ass.

Words from Terry: Thank you to everyone I have not seen in the past 2 years, you've been great!

Estimated Times:

	Duration	Start time	End of 1st Loop	End of 2nd Loop
Swim	1:10	7:00 AM		8:10 AM
Transition 1	0:07	8:10 AM		8:17 AM
Bike	7:00	8:17 AM	11:47 PM	3:17 PM
Transition 2	0:05	3:17 PM		3:22 PM
Run	4:15	3:22 PM	5:29 PM	7:37 PM
Finish	12:37	7:37 PM		



Race Week Agenda

Starting a couple of weeks prior to the race, athletes started their taper – decreasing the volume of their training to rest up for the event. In the days immediately prior to the race your athlete will attempt to rest and stay off his/her feet as much as possible. Athletes will try to relax in the stressful atmosphere of pre-race activities and internal doubts, so help them by not making too many plans and arrangements for events with family and friends.

In addition to “banking” rest via quality night sleep and naps, athletes will focus on their pre-race nutrition and hydration protocols. Pre-race night rarely provides good sleep, so nights two and three days prior to the race are the most important to the athletes. Allow for very early “lights out.” Nutrition-wise, healthy and good quality high-carbohydrate and protein meals with extra sodium should be supplemented by copious water intake.

On the days immediately prior to the race, athletes will need to handle assorted logistics - register, pick up race numbers and computerized timing chips, shop at the Race Expo and supermarket (for race day breakfast, and other supplies), and check in their bikes and gear bags into Transition Area.

Iron Week Schedule (support team activity indicated in RED)

Wednesday, July 18

TriLife athletes starting to arrive in Lake Placid

12:00pm **TriLife Support Team Meeting - Meet other Tri Life supporters and their coaching staff for a race orientation session -at Tri Life Tent at Mirror Lake Drive**

1:30pm 1st lap of bike course must be completed.

Rest time or remain on the course.

Thursday, July 19

TriLife athletes arrive in Lake Placid
10am-4pm Race registration at the High School

6:30-8:30am Optional 101 meetings with coaches at Cobble Mountain Lodge

3:00pm Top pros and elites starting to finish.

Friday, July 20

TriLife athletes and coaches arrive in Lake Placid

Sunday, July 22 RACE DAY

3:45am-4:30am Breakfast

tbd **Meet at locations allowing to cheer athletes on their return from the second bike loop and departure for their first loop of the run course.**

6:45am Group Coached Swim at Mirror Lake

5:00am Transition area opens - bodymarking, bike set up, and Special Needs bags drop off.

tbd **Meet closer to the finish line.**

7:45am Group Coached Run at Mirror Lake

10am-4pm Race registration at the High School

6:30am Transition area closes.
Meet TriLife Support Team on Mirror Lake Drive opposite start beach.

5:30pm Bike course closes
10:00pm - Midnight Ironman Finish Party
12:00pm Race ends

9-11am Optional 101 meetings with coaches at TriLife tent at Mirror Lake
5:30pm Welcome Dinner - Lake Placid Horseshow Grounds

7:00am Race start
7:10am **Support Team moves to locations allowing to see athletes running to the Transition Area or exiting TA on their way to the first loop of the bike course.**

Monday, July 24

9:00am Ironman World Championship Hawaii Registration - Lake Placid Horseshow Grounds

7:30-8:30PM Mandatory Athlete Meeting - Lake Placid Horseshow Grounds

9:00am Ironman USA Lake Placid 2007 Registration - Lake Placid Horseshow Grounds

Saturday, July 21

9:00am Group Coached Stretch/Meeting

9:20am Swim course closes
9:30am **Meet other TriLife Support Team for breakfast. Location - tbd.**

1:30PM Ironman World Championship Hawaii Rolldown - Lake Placid Horseshow Grounds

9:30-11am Optional 101 meetings with coaches at TriLife tent at Mirror Lake

10:30am **Meet at the locations allowing to see/cheer athletes on their return to LP.**

TriLife Support Team Viewing Locations

The dynamics of the sport of triathlon doesn't make it an easy sport to watch. First, you will endure 1800 people starting the swim hundreds of feet away all at the exact same time - and you will have no idea who is who! Then, as the athletes set off on their bikes, they will be moving quite fast - hopefully too fast for their supporters to recognize them and have any kind of meaningful exchange. Only on the run, with exhausted athletes moving at slower speeds does the race become more spectator-friendly - and that's when we'll really need you!!

Watching triathlon allows spectators to have an unusually close proximity to the athletes, both pros and age groupers alike. Ironman is a long race and it's hard to predict exactly when your athlete will pass your location. As disappointing as it might be if you miss them, don't stress - your athlete knows you're there and that's what matters!! We have selected the following sites to take advantage of the race course profile, proximity to the center of town, and smaller crowd density.

Pre-race

You can remain with your athlete throughout the pre-race ritual, including body marking in front of the High School Speed Skating Oval (corner of Main Street and Mirror Lake Drive), special Needs bag drop off, Port-O-Potty lines, and walk to the pre-race check in at Lake Placid Beach (entry at the Parkside Drive and Mirror Lake Drive). At this point, we suggest that you and other TriLife supporters move up Mirror Lake Drive, finding a good spot on the lakeshore opposite the Beach dock on the other side of the lake. (1) Most TriLife athletes will conclude their swim warm up with a pre-start rest in the water near that shore spot.



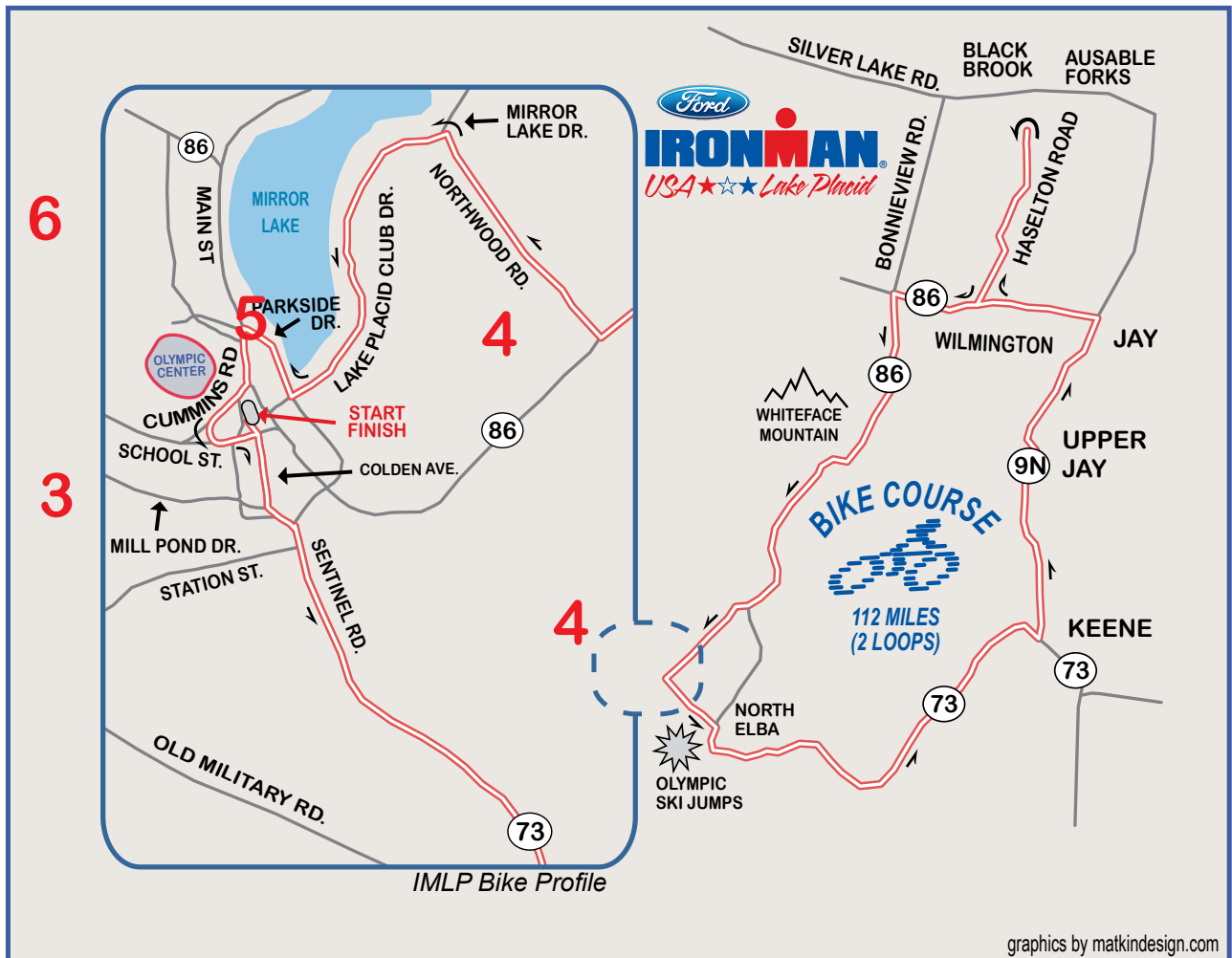
Swim on the lakeshore road (Mirror Lake Drive) (1) or locations near the start beach (2) will allow you to see athletes swimming, and exiting the water for a short run on the beach before going for a second loop of the swim.

Transition 1

Athletes will be exiting the beach (some stopping to allow "strippers" to take their wetsuits off), and running on Mirror



Lake Drive to the transition area in the Skating Oval. A deep throng of spectators is always formed near the Beach and on the both sides of this running "corridor", making difficult to catch sight of the race. Being tall or getting a good spot in advance will allow you a very short glimpse of your athlete. An alternative location to glimpse and exchange couple of words is at the transition area exit (3) where athletes will be leaving Oval going out for a bike segment (above School Street, on the immediate left of Lake Placid High School).



Bike

Since athletes will be moving very fast on their first bike loop, and the course profile does not contain any speed-slowing hills near the town, viewing spots are not easy to suggest. Unless you are willing to travel miles out of town to the sections where cycling speed will be low (and motivation and support is very needed), the following venues are suggested as being the most accessible.

Corner of the Northwoods Road and Route 86 (4), located on the top of a series of hills which will slow down athletes and on a right turn toward the Mirror Lake Drive is couple of miles away from the Oval but is a good, uncrowded location. A good landmark is the Cobble Mountain Inn.

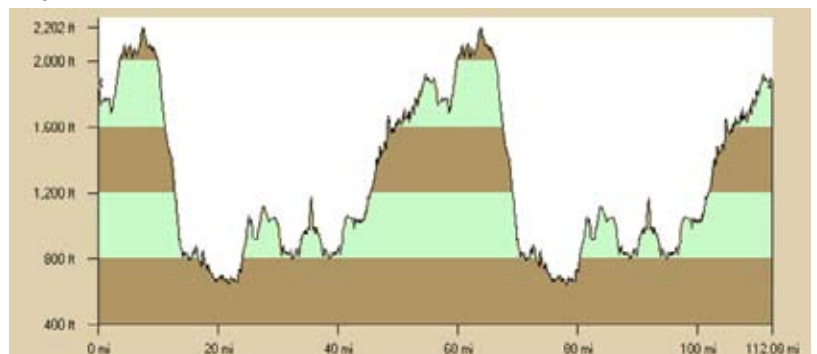
The Special Needs Bag station (5) on Mirror Lake Drive (a quarter mile up the lakeshore from the transition area). Athletes will be slowing down and/or stopping to pick up and organize nutrition and other gear needed for the second bike loop,

“Hot Corner” (Main Street and Parkside Drive) is one of the loudest and most crowded spots (6). This location on a very sharp corner will slow down speeds, while being centrally located in Lake Placid.

Streets right behind the transition area (7) are another good section to observe your athlete.

Transition 2.

Athletes coming back from the second bike loop can be observed in all the previously mentioned.



IMLP Bike Profile

locations, as well as at the exit from transition area on the run segment.

Run

One of the most difficult parts of the course is at the corner of Main and School Streets (8), on the top of the IGA hill. Many runners will walk up this hill, so it'll be a great place to see how your athlete is doing.

Anywhere on the Mirror Lake Drive (9) where athletes will be running an almost 2 mile out-and-back segment, or on the Main Street between School and Mirror Lake Drive.

Basically, the farther away from the transition area you are willing to go, the less crowded it will be – and the more in need of your cheers your lonely athletes will be.

Finish

When it's time to meet your athlete at the finish line, head to the Mirror Lake section near the transition area, the bleachers at the finish line and behind the barriers in the Oval. You also may be able to wait and meet your athlete behind the finish line.



Logistics

Your day could be almost as long and challenging as it is for the racing athletes. Being on your feet all day, looking for familiar faces, cheering, starving, being hot or cold – it is an exhausting effort. Plan ahead to make yourself comfortable! Prepare for any potential local weather – cold, rain, sun, heat, and humidity. Wear comfortable clothes and shoes, carry water and snacks. Have adequate supply of film, batteries, or any other gear you may need (cellphone, sunscreen, sunglasses, hat, umbrella, towel or pillow to rest on, large garbage bag, and backpack to carry it in). And remember that we are all very thankful that you are here!!!

Lake Placid Eating Guide

“...because in Ironman, eating is the 4th event”

EAT, DRINK, SPECTATE...

The Lake Placid Pub & Brewery

14 Mirror Lake Drive (over looks the bike course and swim course), Lake Placid, NY 12946

518-523-3813

TriLifers love this place for it's good food, good beer, and fun atmosphere. The upstairs deck is a great place to view the race since it overlooks both the swim and bike course. Downstairs, there's the "legendary P.J.O'Neill's, a true Irish bar with the warm character of aged wood and brick". There is also Pool, Darts, and Foosball. Children welcome.

Lisa G's

444 Main Street (bottom of IGA hill), Lake Placid, NY 12946

518-523-2093

How could this Lisa G, not recommend Lisa G's? It looks a bit "divey", but the food is good and somewhat eclectic. On one side is the restaurant and the other is the bar. It's a great place to kill 12 hours waiting for your athlete to pass by. If you never left Lisa G's all day you could see your athlete 6 times.

A&W

RT 86, near Wilmington

A fast-food classic... at A&W you can enjoy a Kraut Dog and a root beer float while you watch the Ironmen round the corner from Wilmington and climb the next 10 miles back into Placid.

TriLife Post-8 Hour Training Day Favorites:

Mr Mike's Pizza

332 Main Street

Lake Placid

518-523-977

Nothing fancy, but solid pizza and pasta, and plenty of it.

Nicola's

2617 Main Street

Lake Placid

518-523-5853

The premier Italian restaurant in the Adirondacks, this restaurant is filled iwth original Carnivale murals and includes an open kitchen with a wood-fire pizza oven from Italy. The menu offers a wide selection of pasta, pizza, veal, and fresh fish prepared in authentic Italian and Greek tradition, complimented by hand-picked wines from the Mediterraean Region.

Soulshine Bagel

2526 Main Street

Lake Placid

518-523-9772

Bagels, yummy baked goods,

sandwiches and soups

Tail O' the Pup

Route 86, Ray Brook, NY 12977

518-891-0777

A BBQ lovers delight this outdoor eatery with a campground feel, is a short drive west of Lake Placid down Route 86. It's a great place to bring a big group with a big appetite. Try the BBQ Lover for BBQ Lovers or the New England Lobster Bake, it is a fan favorite.

GROCERIES

"Nameless" Grocery Store

Rt. 86 Saranac Avenue (heading toward Saranac Lake)

Price Chopper Grocery Store

Rt. 86 leaving Lake Placid toward Saranac Lake.

FINE DINING*

*Disclaimer: We haven't eaten at these places... but they sound good...

Great Adirondack Steak & Seafood Co

34 Main Street

Lake Placid, NY 12946

518-523-1629

Fresh seafood and hand cut steaks in an authentic Adirondack antique atmosphere. Full kids' menu. Fireplace. On premise 7-barrel microbrewery--tours

available. Seating on a first come first serve basis. Logo souvenirs pint glasses and growlers (with or without beer) available.

Outdoor Dining, Cocktail Lounge, Take-Out Service, Vegetarian Entrees Available, Air Conditioned, Children's Menu Available, Handicapped-Accessible, Fireplace, Credit Cards Accepted.

Veranda Restaurant

1 Olympic Drive

Lake Placid, NY 12946

518-523-3339

Since opening over a decade ago, Veranda Restaurant has developed a reputation as being one of the finest restaurants in the Adirondacks. Veranda offers both traditional American and French cuisine, prepared by world-class Chef Claude Gaucher of Dijon, France. Veranda Restaurant was proud to host President Clinton's 54th birthday celebration on August 19, 2000. For reservations call 523-3339.

Hours: 5:30 - 9:30 p.m.

Things to do while not watching the race or things to do while your athlete is stressing or racing...

Though Lake Placid is a town small in size, it's beautiful natural surroundings (including the highest mountains in New York state, crystal clear waterfalls, and serene lakes), hospitable locals, and rich history, make it a great town to visit. Whether you would like to experience culture, sports, adventure, or a heart-pounding ride in a bobsled, you can find it in the Lake Placid area.

Main Street offers shopping, an old-fashioned movie theater showing the latest films, and a walk along Mirror Lake, the lake that your Ironman athlete will be swimming 2.4 miles in.

If you're looking for culture try, Pendragon Theatre performing, *Sleeping Beauty*, *The Fantastics* and *Lend Me a Tenor* during Ironman week.

15 Brandy Brook Ave., Saranac Lake (518) 891-1854

The Lake Placid Center for the Arts
<http://www.lakeplacidarts.org/>
(518) 523-2512

Adirondack Museum exhibits and programs telling the stories of how people have lived, worked, played and traveled in the Adirondack region since the early 1800s.

Route 30, between Lake George and Lake Placid, Blue Mountain Lake, NY (518) 352-7311

How about golf? The Lake Placid area offers beautiful courses including:

Ausable Valley Golf Club
(518) 647-8666

Craig Wood Golf Course
(518) 523-9811

Lake Placid Club Golf Courses called "eight icons of American Resort golf", by Links magazine. (518) 523-2556

Maybe your Ironman athlete isn't the only one who likes sports.

Ampersand Bay Boat Rental and Boat Club renting kayaks, motorboats, etc. (518) 891-3001

Bear Cub Adventure Tours guided fly fishing, boat trips, kayak trips and more. (518) 523-4339

Emerald Springs Ranch offers horseback riding (518) 891-3727

Hudson River Rafting Company
(800) 888-RAFT

Or go for a hike!

The Adirondack High Peak Wilderness Area offers 4,000 feet climbs on marked trails in New York's highest mountains. Whiteface Mountain also has mountain biking, including scenic trails and a gondola lift for the daredevils! <http://www.whiteface.com/mtnbiking.htm>

Of course, you can't forget what LP is really known for, the 1932 and 1980 Olympic Winter Games, with 1980 being the year of the U.S. hockey team's "Miracle on Ice"...

Lake Placid Winter Olympic Museum and Hall of Fame in the heart of Lake Placid, including video highlights, uniforms, and equipment. Daily, 10-5.
(518) 523-1655

LP Olympic Site Tour jumping complex and tower, bobsled and luge run, trolley tour, and Whiteface chairlift skiride. On Saturday at 1PM, watch some of the best skiers in the world practicing on the jumps at speeds of over 55 MPH!

And don't forget that heart-pounding bobsled ride Wed-Sun 10am-12:30pm and 1:30-4:00pm. (518) 523-1655

Other fun things to do include scenic flights over the High Peaks (contact Adirondack Flying Service at 518-523-2473), visiting the Adirondack Craft Center (with over 300 Adirondack artisans-518-523-2062), or seeing over 700 feet of waterfalls in a self-guided tour along the base of Whiteface Mountain in Wilmington (518-946-2278), an area where your athlete will be biking!

In other words, have a great time during your visit to Lake Placid! Why should the Ironman participants get to have all of the fun?

Getting There

By car:

From New York City and New Jersey: Take the NY State Thruway (I-87) north to the Adirondack Northway (Exit 24 in Albany). Follow 87 to Exit 30. Pick up Rt. 9 north and follow it for two miles to Rt. 73. Continue on 73 for 28 miles to Lake Placid area. From NYC: 5 hrs, Albany: 2.5 hrs.

From Boston, Springfield, Hartford: Take Massachusetts Turnpike (I-90) to Albany. Pick up I-787 north to Cohoes. Connect with Rte 7 west to I-87 north. Follow I-87 (Northway) to Exit 30, then use final directions above: "From New York City..." Drive time from Boston: 5 hrs.

From Buffalo, Rochester, Syracuse, West
Take I-90 (NY State Thruway) east to Exit 36 (Syracuse). Pick up I-81 north and follow to Watertown. Take Rte 3 and follow it east to Saranac Lake, then follow Rte 86 east to Lake Placid. Drive times: From Buffalo: 5.5 hrs; Rochester: 4.5 hrs; Syracuse: 3.5 hrs.

From Montreal: Take Rte 15 south to Champlain Crossing, connecting with I-87 south. Take Exit 34 west, following Rte 9N, then follow Rte 86 to the Whiteface Mountain/Lake Placid. Drive time: 2 hrs.

By air:

The Lake Placid is within 2-3 hours driving time of three major regional airports: Albany, NY, Burlington, VT, and Montreal, Quebec. Obviously, New York City metropolitan area airports are another alternative.

Local Adirondack Regional Airport (518-891-4600) located in Lake Clear, 16 miles from Lake Placid. Commercial flights available through Continental Express: 800-525-0280 or www.continental.com

By train:

Amtrak operates between New York City and Montreal. The closest local stop is in Westport, NY (40 miles from Lake Placid). For information call 1-800-888-8478. Other stops along Lake Champlain include Ticonderoga, Port Henry, and Port Kent. www.amtrak.com

By bus:

Adirondack Trailways has service between Lake Placid, Ticonderoga, Schroon Lake, Albany, and New York City and its suburbs. 800-225-6815. www.uma.org/Adirondack.htm

Local taxi and limo services.

Lake Placid Transportation 518-523-4468
Rick's Taxi 518-523-4741
Majestic Limousine 518-873-6590





Thank you for your support!

